

Statistics Report 35155, Blueberries, wild, raw (Alaska Native)
[a](#)

Report Date: July 16, 2017 12:37 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1 2	g	85.48	2	--	85.03	85.93	--	--	--	2	Analytical or derived from analytical	--	04/2006
Energy	kcal	61	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Energy	kJ	255	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Protein 1	g	1.22	2	--	1.06	1.38	--	--	--	2	Analytical or derived from analytical	--	04/2006
Total lipid (fat) 1 2	g	0.76	2	--	0.65	0.87	--	--	--	2	Analytical or derived from analytical	--	04/2006
Ash 1 2	g	0.23	2	--	0.2	0.26	--	--	--	2	Analytical or derived from analytical	--	04/2006
Carbohydrate, by difference	g	12.31	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Fiber, total dietary 1	g	2.6	2	--	1.9	3.4	--	--	--	2	Analytical or derived from analytical	--	04/2006
Sugars, total 1	g	6.46	2	--	5.64	7.28	--	--	--	2	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 1 2	g	0.01	2	--	0	0.02	--	--	--	2	Analytical or derived from analytical	--	04/2006
Glucose (dextrose) 1 2	g	3.10	2	--	2.71	3.49	--	--	--	2	Analytical or derived from analytical	--	04/2006
Fructose 1 2	g	3.35	2	--	2.92	3.79	--	--	--	2	Analytical or derived from analytical	--	04/2006
Lactose 1 2	g	0.00	2	--	0	0	--	--	--	2	Analytical or derived from analytical	--	04/2006
Maltose 1 2	g	0.00	2	--	0	0	--	--	--	2	Analytical or derived from analytical	--	04/2006
Galactose 1 2	g	0.00	2	--	0	0	--	--	--	2	Analytical or derived from analytical	--	04/2006
Starch 1 2	g	0.00	2	--	0	0	--	--	--	2	Analytical or derived from analytical	--	04/2006
Minerals													
Calcium, Ca 1 2	mg	13	2	--	8	18	--	--	--	2	Analytical or derived from analytical	--	04/2006
Iron, Fe 1 2	mg	0.37	2	--	0.23	0.5	--	--	--	2	Analytical or derived from analytical	--	04/2006
Magnesium, Mg 1 2	mg	7	2	--	6	8	--	--	--	2	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P 1 2	mg	29	2	--	18	40	--	--	--	2	Analytical or derived from analytical	--	04/2006
Potassium, K 1 2	mg	75	2	--	74	75	--	--	--	2	Analytical or derived from analytical	--	04/2006
Sodium, Na 1 2	mg	6	2	--	5	8	--	--	--	2	Analytical or derived from analytical	--	04/2006
Zinc, Zn 1 2	mg	0.20	2	--	0.19	0.22	--	--	--	2	Analytical or derived from analytical	--	04/2006
Copper, Cu 1 2	mg	0.030	2	--	0.03	0.03	--	--	--	2	Analytical or derived from analytical	--	04/2006
Manganese, Mn 1 2	mg	2.000	2	--	1.3	2.7	--	--	--	2	Analytical or derived from analytical	--	04/2006
Vitamins													
Vitamin C, total ascorbic acid 1 2	mg	18.3	2	--	5.9	30.7	--	--	--	2	Analytical or derived from analytical	--	04/2006
Thiamin 1 2	mg	0.067	2	--	0.05	0.09	--	--	--	2	Analytical or derived from analytical	--	04/2006
Riboflavin 1 2	mg	0.414	2	--	0.1	0.72	--	--	--	2	Analytical or derived from analytical	--	04/2006
Niacin 1 2	mg	0.597	2	--	0.44	0.76	--	--	--	2	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid 1 2	mg	0.265	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin B-6 1 2	mg	0.026	2	--	0.02	0.03	--	--	--	2	Analytical or derived from analytical	--	04/2006
Folate, total 1 2	µg	33	2	--	11	55	--	--	--	2	Analytical or derived from analytical	--	04/2006
Folic acid	µg	0	2	--	0	0	--	--	--	2	Assumed zero	--	04/2006
Folate, food 1 2	µg	33	2	--	11	55	--	--	--	2	Analytical or derived from analytical	--	04/2006
Folate, DFE	µg	33	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin A, RAE	µg	6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Carotene, beta 1 2	µg	69	2	--	11	127	--	--	--	2	Analytical or derived from analytical	--	04/2006
Carotene, alpha 1 2	µg	0	2	--	0	0	--	--	--	2	Analytical or derived from analytical	--	04/2006
Cryptoxanthin, beta 1 2	µg	0	2	--	0	0	--	--	--	2	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, IU	IU	115	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Lycopene 1	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin E (alpha-tocopherol) 1 2	mg	1.69	2	--	0.61	2.78	--	--	--	2	Analytical or derived from analytical	--	04/2006
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Tocopherol, beta 1 2	mg	0.01	2	--	0	0.01	--	--	--	2	Analytical or derived from analytical	--	04/2006
Tocopherol, gamma 1 2	mg	0.19	2	--	0.06	0.33	--	--	--	2	Analytical or derived from analytical	--	04/2006
Tocopherol, delta 1 2	mg	0.01	2	--	0	0.02	--	--	--	2	Analytical or derived from analytical	--	04/2006
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2009
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) 1 2	µg	17.2	2	--	16.7	17.8	--	--	--	2	Analytical or derived from analytical	--	04/2006
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006

Sources of Data
¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8c, 2004 Beltsville MD
²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8k, 2004 Beltsville MD

Footnotes

^a The mineral and vitamin content of berries harvested in the wild and in specific regions of the country may differ from commercially produced berries.